

From: RavenCroft Garden, Connecting People, Plants and the Earth
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Welcome

Welcome to the fourth edition of RavenCroft Garden's online newsletter, Walking Seeds. If you enjoy the information you find here we invite you to forward Walking Seeds to your friends and colleagues. Our intention is to keep the love of herbs and care of health within everyone's reach!

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Communication

Please note we have a new email address, ravencroft@ravencroftgarden.com. If you would like to communicate directly with Sally, sally@ravencroftgarden.com or EagleSong eaglesong@ravencroftgarden.com. Remember you can always go to the website to connect.

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Gratitude from RavenCroft Garden

Welcome friends. We are delighted to share with you our gratitude and thanksgiving for another year in the garden. These green garden blessings continue to teach us how to Cultivate Life and create foundations of health with people, communities and landscapes. Every year we are blessed with change and growth. This year found EagleSong in her second season of creating a natural, chemical free landscape and gardens at The Herbfarm Restaurant and Willows Lodge. Indeed a gift to our larger community! At RavenCroft, Sally began dreaming how to grow our programs, our gifts. She worked two jobs this summer, running RavenCroft and exploring possibilities for coalitions with other gardens. What she found was, the strength of RavenCroft lies at its heart, the apprentices, the graduates and our beloved Community Centered Herbalists. We take this moment to recognize, thank and honor all of them. Their hands, hearts and presence have helped craft the ground of RavenCroft and a larger community that empowers and inspires healing from the ground up. It is here the coalition building begins. We look forward to another season, filled with thanks. Winter Blessings! Time to dream and tend the inner fire!

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Green Thursdays

Wear green! Talk about the herbs! Share a favorite plant, wise weed, healing friend with everyone and anyone! Initiated by apprentice Cynthia Lyons, Green Thursdays are FUN and are now part of the flair and color of RavenCroft. Listen to Cynthia, "I couldn't make it to RavenCroft where I steward the apothecary shop every Thursday. So, I decided to wear green clothes to hold in my awareness that 'green experience' I had become so fond of, and to help me remain connected to the plants I was learning to love. When somebody commented on my green jeans, I took the opportunity to explain that I was honoring my developing relationship with the green allies. My RavenCroft Thursdays are infused with such vitality, I wanted to recharge my fading energies to be able to meet the challenges the other six days brought. The little seed took wings, who could resist such an elfin charm? And I began wearing green every Thursday ~ it just felt right!"

Let Cynthia and RavenCroft know how green you are on Thursdays, email ravencroft@earthlink.net. with stories of every touch, smell, taste and sight of the green we awaken!

Coming Events, Near & Far!

1. 12th Annual Women of Wisdom Conference, A Call to Community: We are the Ones We've Been Waiting For February 13-21, 2004 Seattle 206/782-3363
wow@womenofwisdom.org RavenCroft's Sally King and apprentices will once again be serving tea and treats at the conference.
2. 16th Annual Northwest Flower and Garden Show at the Washington State Convention Center in Seattle February 4-8, 2003 www.gardenshow.com EagleSong, CCH presents 1 workshop February 5, 2003: Confessions of an Accidental Alchemist: How to make & use herbal and compost teas for the garden & the gardener

Healing From the Ground Up 2004 Apprenticeship Program

Healing From the Ground Up is RavenCroft's unique apprenticeship program, connecting people, plants and the earth. We offer three levels of training, 9-months each, over a three-year period. Participation in one or more of the levels depends on the goals of the student. An opportunity for anyone interested in serving personal, family or community needs as a Keeper of Herbal Wisdom, a Keeper of a healing path accessible to all people and a Keeper of Wisdom to Cultivate Life.

In this program learn the skills to integrate the herbs, food, shelter, the earth, gardening, medicine and all aspects visible and invisible that help sustain life. We are now accepting apprentices for the 2004 program. We meet one full weekend a month, March thru November with the option of a hands-on stewardship training program meeting one day a week. If you are interested in detailed information, check out our website, www.ravencroftgarden.com, Education section.

Holiday Gifts!

Remember RavenCroft for your holiday gift giving! Our products are handcrafted, herbally delicious, sensually pleasing and beautiful to the eye! Give our best sellers, EagleSong's Fabulous Salve and Rose Geranium Skin Toner to the people you love. Check out the Product Section and order online at www.ravencroftgarden.com

A Taste of RavenCroft

Lemon, Honey and Sea Tea

1-quart teapot

½ Lemon, squeezed

Honey

2 finger size pieces of kelp, wakame or kombu seaweed

1 quart boiling water

2 quarter size pieces of elecampane root, or equivalent

This is one of our first response remedies for the beginning of a cold, sore throat or the winter blues. A delicious, soothing and deeply nourishing immune supporting tea! WOW! Place all dried ingredients in teapot. Add boiling water, lemon juice and honey to your desired sweetness. The longer it brews, the better. I have on occasion come back to the teapot hours later and found the cold tea delicious!!

Resources to Grow By

Websites:

- www.southernmiso.com South River Miso Company, wood-fired handmade Miso since 1979. This is our favorite Miso, a delicious fermented food to add to your diet. Great selection.
- www.simplici-tea.com Compost tea and compost brewers for the garden. Best tools we know of to restore fertility and productivity to the soil. Their 5-gallon brewer is perfect for home gardens, landscapes and small land holdings. Purchase your brewer from RavenCroft. Email EagleSong at ravencroft@earthlink.net for more information.
- www.cobcottage.com Natural building courses, apprenticeships, weekend workshops and resources. Inspiring work, teachers and mentors.